Picture Perfect Day



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Judith Campbell (NZ) - August 2009

音樂: Beautiful Day for Goodbye - George Strait



(1 - 6) Step Drag Behind & Ball Change - Step Drag Behind & Syncopated Waltz Step

1 2	Sten R ft back on	diagonal (body on angle t	o 2.00) drag I ft back	un hehind Rft
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&3 Step L ft down behind R ft on ball of ft (&), step R ft in place.

4 5 Step L ft back on diagonal (body on angle to 10:00), drag R ft bk up behind Lft, (&3)

&6 Step R in place on ball of ft (&), step L ft in place. 12:00

(7 - 9) Cross Rock recover - 1/4 Turn R - Step Fwd

1 2 3 Cross R over L, recover back onto L, turning ¼ to R step fwd on R ft 3:00

(10 – 12) Turning ½ R Stepping Back - ½ Turn R Shuffle Fwd

4 5&6 Turning ½ to R step back onto L ft, turning ½ to R shuffle fwd (RLR) 3:00

(13 - 18) Jazz Box 1/4 Turn to L - Fwd Rock Recover - Side Cross

1 2 3 Cross L over R, step back on R, turning ¼ to L step L to L, 12:00 4 5 &6 Step/rock R fwd, recover onto L, step R to R side (&), cross L over R

(19 – 24) Step/Side Rock Recover – Step – Step/Side Rock Recover – Tap ½ Unwind to L

1 2 & 3 4 Step/rock R to R, recover to L ft, step R next to L (&), step/rock L to L, recover to R ft,

Tap Lft behind R, unwind ½ to L 6:00

(25 – 30) Dorothy Step – Step ½ Pivot L – Step ½ Turn Hook Lft under Shin

1 2 &3 Step R ft fwd, lock L ft behind R, step R next to L (&), step fwd on L,

4 5 Step fwd on R, ½ pivot to L, 12:00

6 Step fwd on R ft turning ½ to L at the same time hook L ft up to R shin (sink into the turn

hook) 6:00

(31 - 36) Slow Cross Samba - Cross Side Ball Change - Cross

1 2 3 Step L ft across R, step R to R side, step L ft in place
4 &5 Step/cross R over L, step L to L side (&), step R in place,

6 Step/cross L over R

(37 – 39) Side Touch – Full Turn R – Side Touch (monterey)

1 2 3 Touch R ft to R side, turning full turn to R, touch L ft out to L side

(40 - 45) Big step to L – Step R ft Behind L – Big Step R to Side – Step L ft Behind R ft (waltz step to L & R sides)

Big step to L with L ft, drag R ft behind L stepping on R ball of ft, step L ft in place 1 2 3 Big step R to R side, drag L ft behind R stepping on L ball of ft, step R ft in place

(46 – 48) 3 Walks turning on the spot to the Left

4 5 6 *Walk LRL turning in a circle on the spot to L 6:00

(48) Start the dance in the new direction

Ending: On the last wall (facing the front) the music slows down - but just keep dancing at normal speed doing the turn hook then do *walk LRL to front

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